



Hot Cider



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



7 min.

SERVINGS



1

CALORIES



165 kcal

BEVERAGE

DRINK

Ingredients

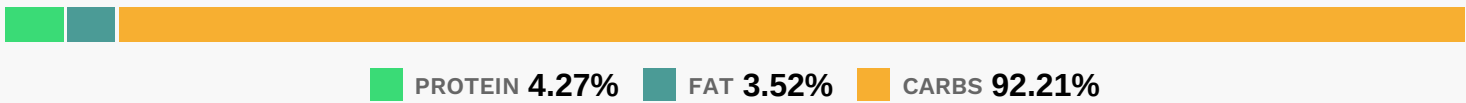
- ☐ 0.3 ounce calvados (apple brandy)
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 cinnamon sticks
- ☐ 4 ounces cider
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 serving orange twist
- ☐ 0.5 ounce orange liqueur
- ☐ 0.3 teaspoon sugar

Equipment

Directions

- ☐ In a 10-ounce goblet, add orange liqueur, Calvados, cinnamon, nutmeg, and sugar.
- ☐ Add hot cider and stir.
- ☐ Garnish with a twist of orange peel and a cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:207.59, Glycemic Load:4.45, Inflammation Score:-6, Nutrition Score:7.2834783533345%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 165.18kcal (8.26%), Fat: 0.38g (0.59%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 18.27g (6.64%), Sugar: 17.21g (19.12%), Cholesterol: 0mg (0%), Sodium: 6.23mg (0.27%), Alcohol: 11.72g (100%), Alcohol %: 6.46% (100%), Caffeine: 3.69mg (1.23%), Protein: 1.05g (2.1%), Vitamin C: 48.05mg (58.24%), Manganese: 0.74mg (36.97%), Fiber: 4.39g (17.55%), Calcium: 77.15mg (7.72%), Folate: 27.62µg (6.91%), Vitamin B1: 0.08mg (5.46%), Potassium: 186.3mg (5.32%), Vitamin A: 214.81IU (4.3%), Copper: 0.07mg (3.32%), Magnesium: 12.74mg (3.19%), Vitamin B6: 0.06mg (3.06%), Iron: 0.45mg (2.5%), Vitamin B5: 0.24mg (2.39%), Vitamin B2: 0.04mg (2.36%), Phosphorus: 17.36mg (1.74%), Vitamin E: 0.25mg (1.7%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.25µg (1.19%), Zinc: 0.15mg (1.03%)